

# Everyone feels down or anxious sometimes.

Talk to your doctor or health care provider if these feelings last more than a few weeks or interfere with your daily life.

- Sad, empty, or hopeless feelings
- A lack of energy
- Trouble concentrating
- Difficulty sleeping
- Little interest in things you used to enjoy
- Thoughts of ending your life



## Medicare can help.

Medicare helps cover inpatient and outpatient mental health services. Over the next few years, you'll pay a smaller percent of the Medicare-approved amount for outpatient mental health treatment:

In this year	You pay
2010 and 2011	45%
2012	40%
2013	35%
2014	20%

For a free copy of "Medicare and Your Mental Health Benefits," visit <http://go.usa.gov/iNz> or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.



Centers for Medicare & Medicaid Services

CMS Product No. 11459  
April 2010